



# Auto Therapy

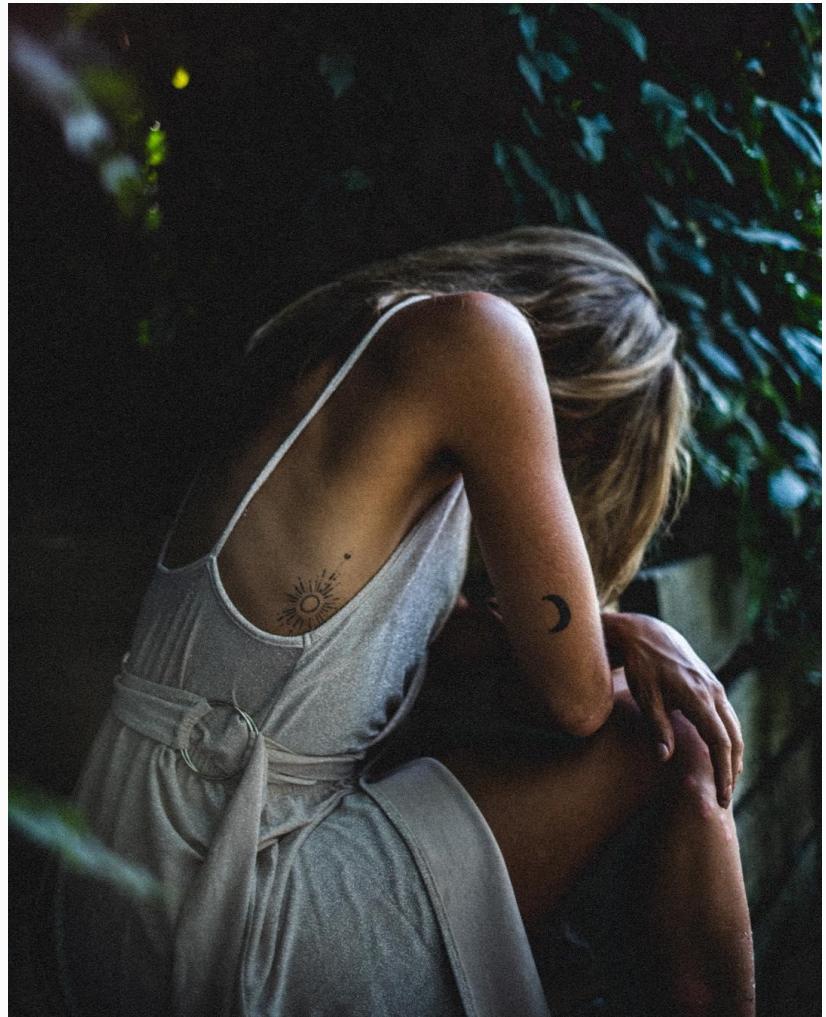
*NLP for Mental Health*

Faustina Maria Giaquinta

# O1

## Introduction

A Picture Is  
Worth a  
Thousand  
Words

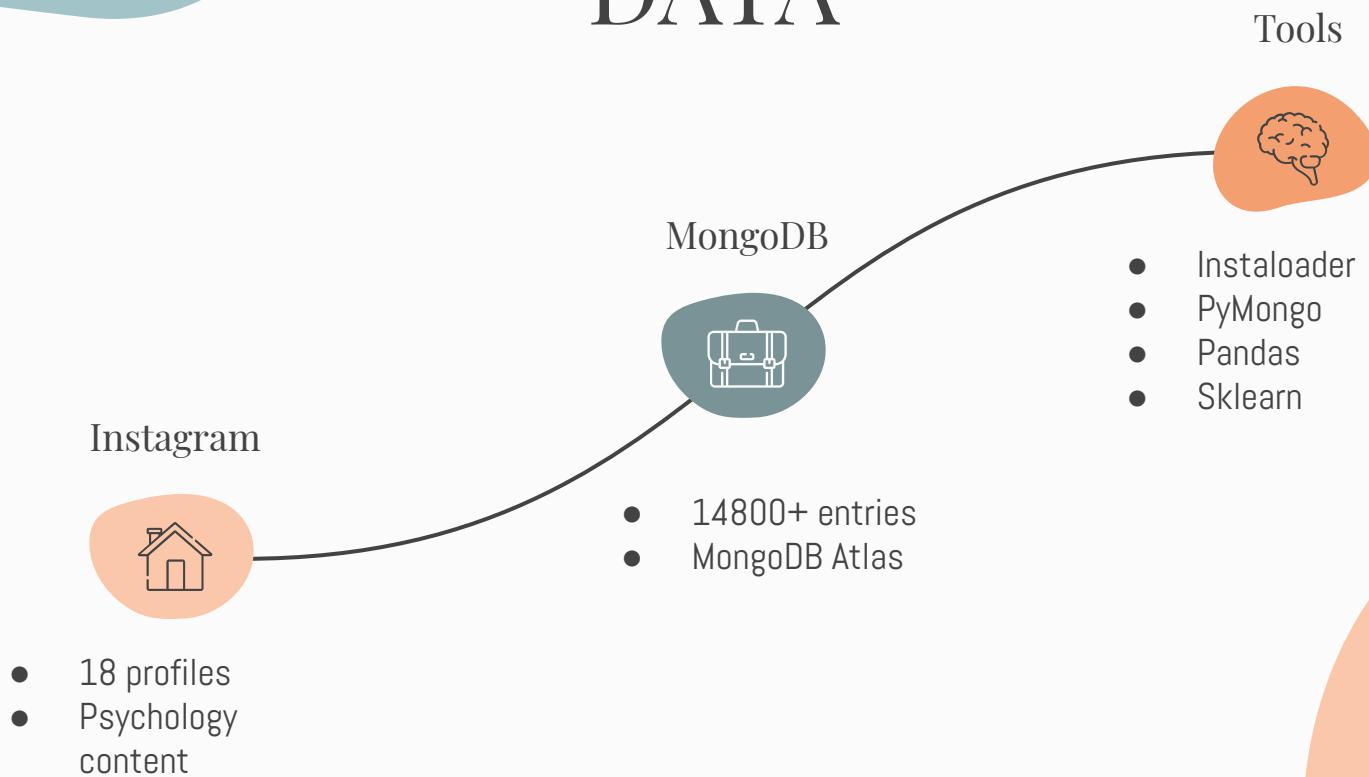


02

# Methodology

Data Collection, Cleaning

# DATA



# Data Cleaning

Restorations

01

Restore spaced titles

Remotions

02

Remove punctuation,  
self-mentions,  
hashtags, emojis

Normalization

03

Bold and italic  
characters to plain text

Translations

04

Translate British terms  
to American English

# Data Preprocessing

Lemmatization

05

Spacy

English, largest model

Stemming

06

NLTK

SnowballStemmer

'Casually' → 'casual'

Parameters

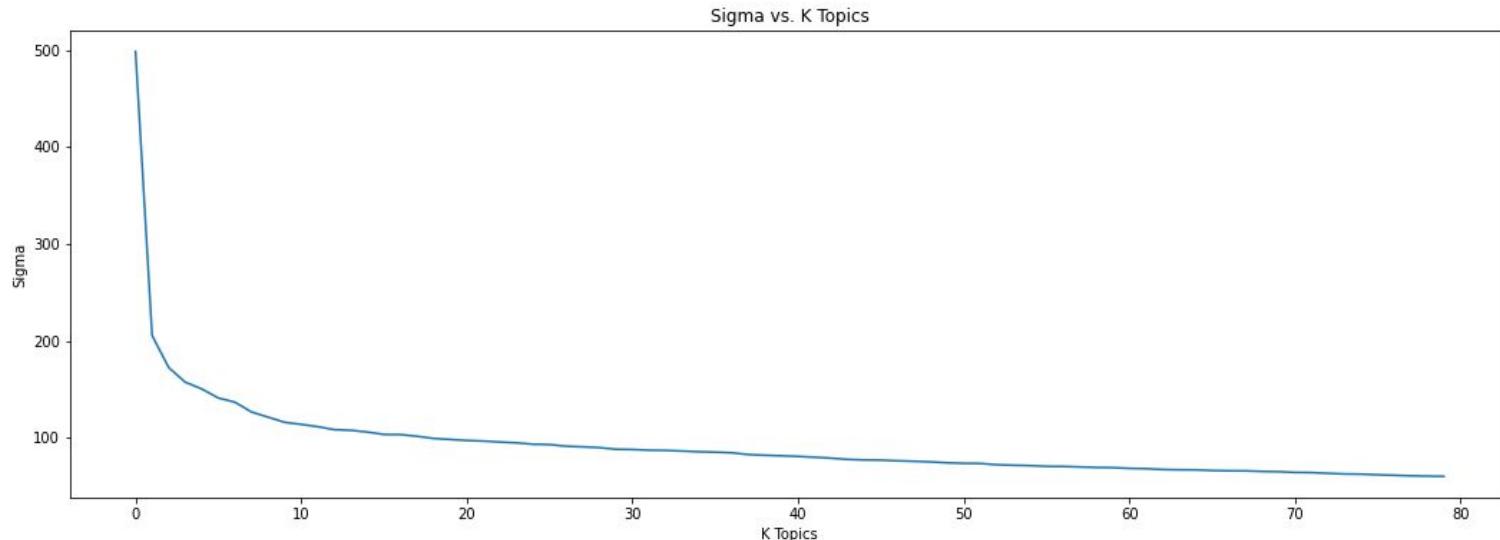
07

Unigrams

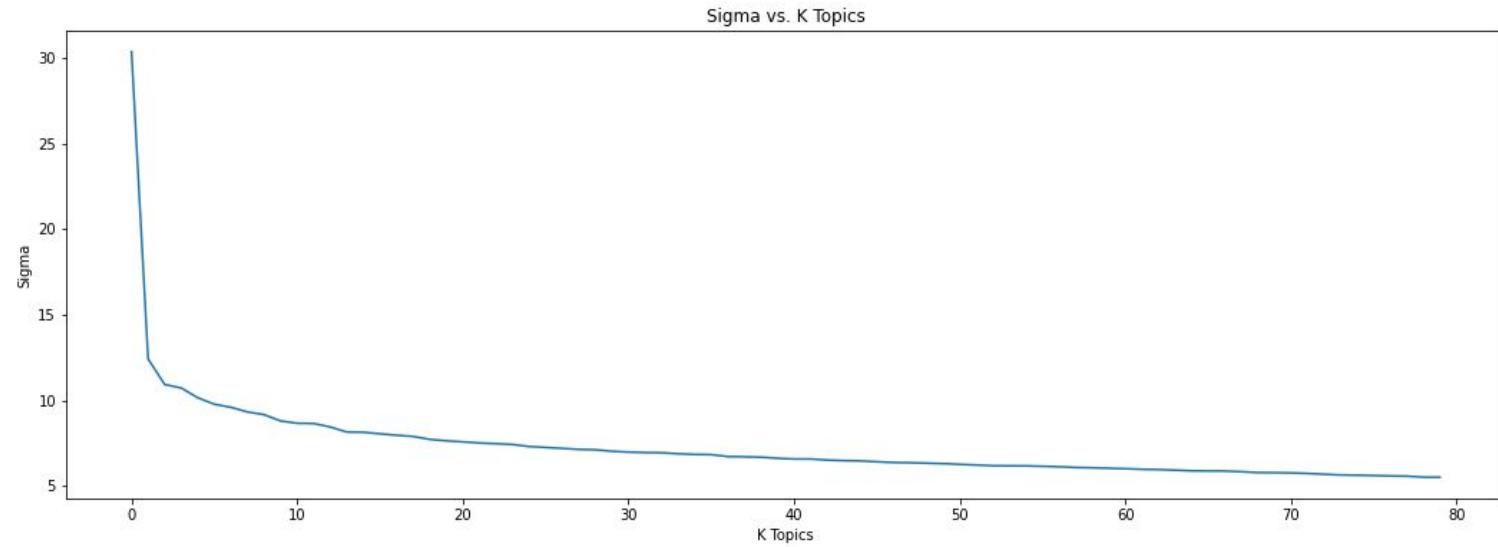
Words longer than 3  
characters

Present in 1% of the  
documents

# CountVectorizer



# TF-IDF

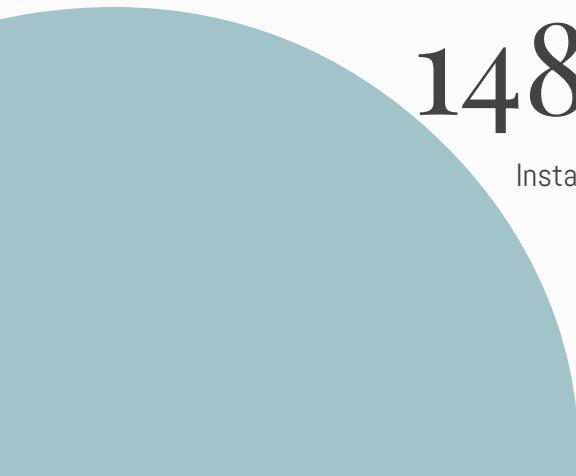




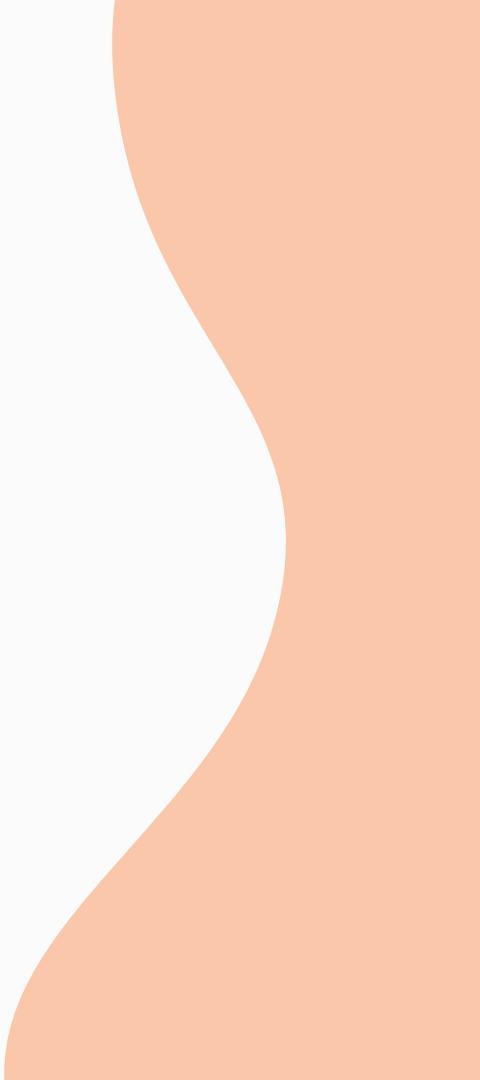
**10**  
Topics



**912**  
Words



**14800+**  
Instagram posts



**18**  
Instagram accounts

# TOPICS

Intimacy in Relationships 1921	Asking or Looking for Help 813
Healing Journey 4325	Healthy Relationships 1069
Inner-Work 1329	Trauma 810
Otherness 1387	Reparenting 1763
Communication 772	Actions 650

## Test Case 1

"I wanted to take back my diagnosis and keep that can of worms closed shut. But repressing all that stuff made me physically ill. It made my brain stop working. And eventually I had a nervous breakdown so bad my consciousness left my brain and the world looked unreal."

— lorazcyk, Reddit

# First Recommendation

"I don't know where to start"

**Translation:**

"I don't trust myself to follow through"



To restore trust, you must practice **keeping promises to yourself**

@the.holistic.psychologist



the.holistic.psychologis • Follow ...

You know where to start. We all do. We know the habits that lead to highest versions of ourselves. We know the daily rituals we want to have.

We just don't trust ourselves. We've let ourselves down countless times. Made commitments and haven't kept them. Betrayed ourselves. Just as you don't trust a partner who's betrayed trust, you don't trust yourself.

There's this idea that self worth and self esteem can be stated and we will change the narrative in our minds. "I am worthy" means nothing until you prove to yourself that you're worthy. "I love myself" means nothing until



2,287 likes

NOVEMBER 29, 2018

Log in to like or comment.

## Second Recommendation

After me,  
you come first.

- Unknown



mindfulmft • Follow

New York, New York

Putting care of the self in order to live a vibrant and fulfilling life. We mentioned quotes like "you can't pour from an empty cup" or "you can't give to others what you haven't given to yourself." And then I shared a quote a client of mine once said in a session. He shared that an older gentleman once was giving him advice and said "after me, you come first." I was struck by this in session and have kept the quote written on a sticky note on a desk in my office ever since.  
It's true, isn't it? That we must take care of ourselves (don't confuse this with selfishness) before we can ever fully show up for others. It's like the oxygen masks in airplanes. Put yours on first before you put on another's; you're of no use if you run out of



3,207 likes

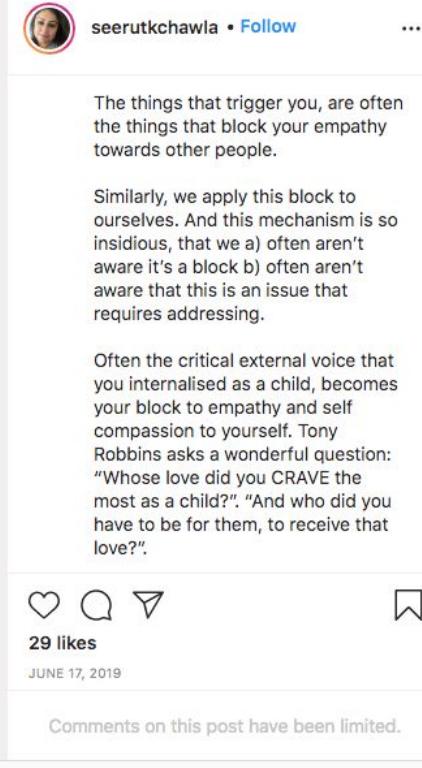
AUGUST 9, 2017

Log in to like or comment.

## Third Recommendation

what's your block to  
empathy?

@seerutkchawla



A screenshot of an Instagram post from the account @seerutkchawla. The post features a profile picture of a woman with dark hair and a pink background. The text on the post reads: "The things that trigger you, are often the things that block your empathy towards other people. Similarly, we apply this block to ourselves. And this mechanism is so insidious, that we a) often aren't aware it's a block b) often aren't aware that this is an issue that requires addressing. Often the critical external voice that you internalised as a child, becomes your block to empathy and self compassion to yourself. Tony Robbins asks a wonderful question: "Whose love did you CRAVE the most as a child?". "And who did you have to be for them, to receive that love?".

The post has 29 likes and was posted on June 17, 2019. A note at the bottom says "Comments on this post have been limited."

## Test Case 2

"I've been talking to a new person that I really like and see myself being friends with and just connect with. I want him to know who I am so I'm trying to explain my past and what I went through, but I end up crying about it because it was a lot of bad negative stuff that really hurt me. Is this healthy to do? Like do I just need to forget the past or whatever? I know it's probably best to feel these things without any judgement right? It's just crazy I'm crying about something that happened few years ago, like I know it's not stupid but I just feel stupid about feeling the way I do which I'm trying to feel anymore. My friend went through family problems too so it makes me really understand what he went through, and idk why it's always the ones that dealt with family problems that I connect with the most. Is that normal?"

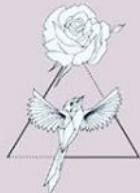
— [Novemberx123, Reddit](#)

# First Recommendation

**"We either overcompensate for what we  
didn't get from our own parents or  
blindly recreate the same situations.**

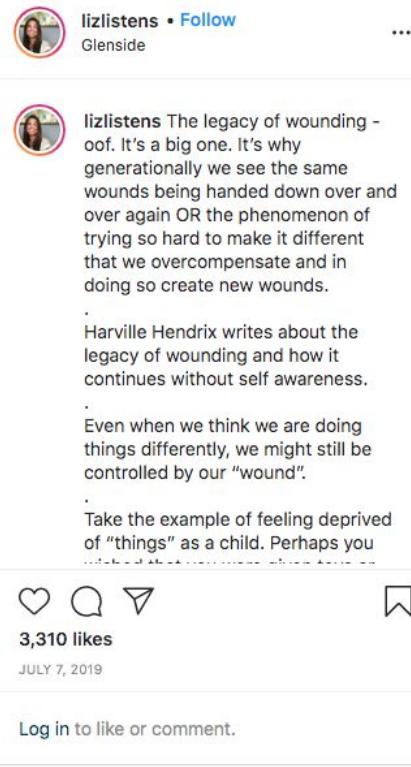
**We call this the legacy of wounding."**

**-Harville Hendrix**



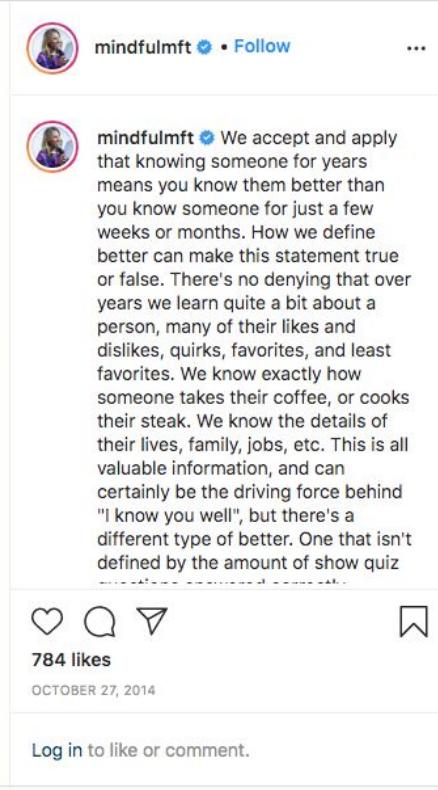
**@lizlistens**

**Elizabeth Earnshaw, LMFT**



## Second Recommendation

“You can be in a relationship for two years and feel nothing; you can be in a relationship for 2 months and feel everything. Time is not a measure of quality; of infatuation, or of love.”



mindfulmft • Follow ...

**mindfulmft** We accept and apply that knowing someone for years means you know them better than you know someone for just a few weeks or months. How we define better can make this statement true or false. There's no denying that over years we learn quite a bit about a person, many of their likes and dislikes, quirks, favorites, and least favorites. We know exactly how someone takes their coffee, or cooks their steak. We know the details of their lives, family, jobs, etc. This is all valuable information, and can certainly be the driving force behind "I know you well", but there's a different type of better. One that isn't defined by the amount of show quiz

784 likes OCTOBER 27, 2014

Log in to like or comment.

## Third Recommendation

“You can be in a relationship for two years and feel nothing; you can be in a relationship for 2 months and feel everything. Time is not a measure of quality; of infatuation, or of love.”

@mindfulmft #mindfulmft

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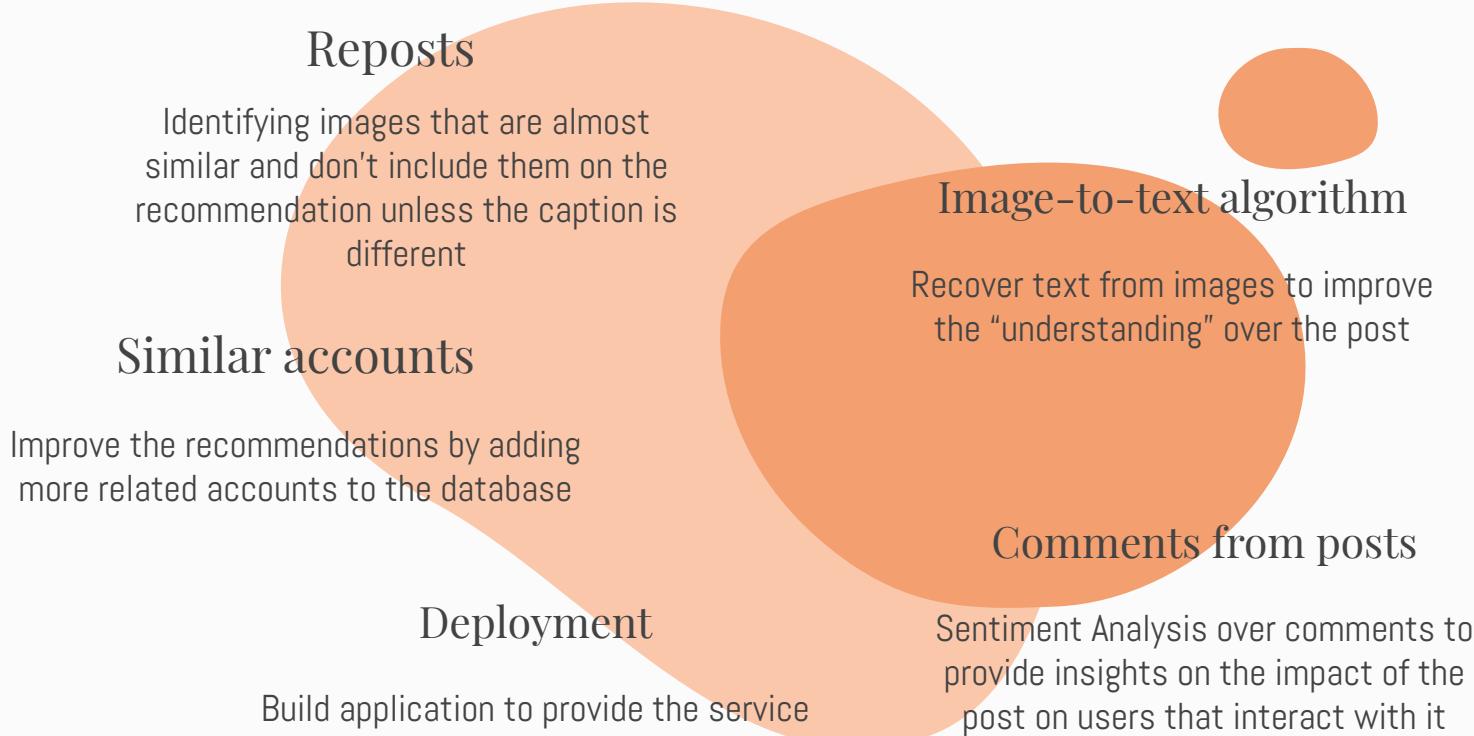
mindfulmft A repost of....well, myself. Because it's that good 😊😊 Was re-reading it and nodding the entire time We accept and apply that knowing someone for years means you know them better than you know someone for just a few weeks or months. How we define better can make this statement true or false. There's no denying that over years we learn quite a bit about a person, many of their likes and dislikes, quirks, favorites, and least favorites. We know exactly how someone takes their coffee, or cooks their steak. We know the details of their lives, family, jobs, etc. This is all valuable information, and can certainly be the...

1,376 likes

APRIL 8, 2015

Log in to like or comment.

# Future Work



# Thanks!

Do you have any questions?



# APPENDIX

## Resources

- [Coronavirus depression, stress, isolation: Mental health care online](#)
- [Emotional Wellbeing During the COVID-19 Outbreak](#)
- [10 Best Mental Health and Therapy Accounts on Instagram](#)
- [Instagram Therapists Are the New Instagram Poets](#)
- [28 Instagram Accounts That Destigmatize Mental Health](#)
- [Instagram Is Not Therapy and I'm Not an Instagram Therapist](#)